



WIC Approved Food List for Farmer Market (FMNP) and Senior Farmers Market (SFMNP) Nutrition Programs

ELIGIBLE FOODS: The following fresh fruits, vegetables and fresh-cut herbs are allowed for purchase with FMNP and Senior FMNP coupons. The fruits and vegetables may be purchased with Fruit and Vegetable Vouchers (FVVs), unless marked with an asterisk*. Fresh cut herbs may **not** be purchased with FVVs.

Fruits			
Apples	Currants	Lingonberries	Raspberries
Blackberries	Gooseberries	Loganberries	Rhubarb
Blueberries	Haskaps	Marionberries	Strawberries
Boysenberries	Honeyberries	Melon	
Cherries	Huckleberries	Plums	
Vegetables			
Artichoke	Collard	Mustard Green	Spinach
Arugula	Corn	Onion	Sprout
Asparagus	Cucumber	Pak Choi	Squash
Baby Greens	Egg Plant	Parsnip	Swiss Chard
Beet	Endive	Peas	Taro
Bok Choi	Garlic *	Pepper	Tatsoi
Broccoli	Good King Henry	Potato	Tomatilla
Brussel Sprouts	Green Beans	Pumpkin	Tomatoe
Cabbage	Kale	Radicchio	Turnip
Carrot	Kohlrabi	Radish	Watercress
Cauliflower	Leeks	Romanesco	Zucchini
Celery	Lettuce	Rutabaga	
Chickweed	Mushroom	Snap Bean	
Fresh-Cut Herbs*			
Basil	Lavendar	Rosemary	Spearmint
Chamomomile	Lovage	Sage	Stevia
Chives	Marjoram	Savory	Tarragon
Cilantro	Mint	Scallions	Thyme
Dill	Oregano	Sorrel	
Fennel	Parsley	Sourdock	

INELIGIBLE FOODS: The following are **not** allowed for purchase with Fruit and Vegetable Vouchers (FVVs) or FMNP and SFMNP coupons

Fruits & vegetables processed beyond their natural state	Nuts, seeds, fruit leathers & fruit roll-ups
Fruits & vegetables with added sugars, fats, or oils	Eggs, meat, cheese, & seafood
Dried fruits & vegetables, syrups, cider, honey*	Canned & dried mature legumes
Vegetable-grain & fruit mixtures	Potted starts, plants, flowers, & herbs

*Honey may be purchased with SFMNP checks only.